



Better Health Begins With You!

የተሟላ ጤንነት ባለቤት ለመሆን የርስዎን

ግንባር ቀደም ጥረት ይጠይቃል።

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

ዝቅተኛ ስብ ያላቸውን ዳቦ፣ ጥራጥሬ፣ ሩዝና ፓስታ በትንንሹ ከ 6-11 ጊዜ

በየቀኑ ይመገቡ። ለምሳሌ ቁርስ እጃ፣ ምሣ ሳንድዊች፣ ራት ደግሞ ባዶ ሩዝ

ቢመገቡ መልካም ነው።

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

ፍራፍሬና አታክልት አምስት ጊዜ በቀን ቢመገቡ የተሻለ ይሆናል። ለምሳሌ

የብርቱካን ጭማቂ ከቁርስ ጋር፣ ምሣ ሠላጣ፣ ራት አረንጓዴ ባቄላ የተቀቀለ

ድንችና ወይን።

3. Drink at least 8 glasses of pure, fresh water every day.

ቢያንስ 8 ብርጭቆ የተጣራ ውሀ በየቀኑ ይጠጡ።

4. Eat lean, low-fat meats, such as chicken or fish.

አነስተኛ ስብ ያላቸውን ለስላሣ ስጋ ይመገቡ። (ዶፍ፣ አሣ)

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

አነስተኛ ስብ ወይም ምንም ስብ የሌላቸውን የወተት ውጤቶችን ይምረጡ።

(የቀዘቀዘ እርጎ፣ አጓት)

6. Limit your intake of sweets and alcoholic beverages.

የከረጫላና ተዛማጅ ጣፋጭ ነገሮችን እንዲሁም የአልኮል መጠጥ ፍጆታዎችን

በልኩ ያድርጉት።

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

የተለያዩ ስፖርታዊ እንቅስቃሴዎችን ያድርጉ።

(የእግር ጉዞ፣ ዳንስ፣ ቲኒስ ወዘተ)

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

ከከብት ከሚገኝ ስብ ይልቅ ከሌሎች የእህል አይነቶች በተጨማሪ ዘይት

ምግብን ቢሠሩ፣ በኮሌስትሮል (Cholesterol) ከመጠቃት ያመልጣሉ።

(ካናላ ዘይት)

Amharic Language Version

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